

# MARCH FOR HOPE

## COMMUNITY MEGA HEALTH AND WELLNESS EVENT

presents...

# KidZone:

# ACTIVATED



**100% FREE**

**MARCH 28 2020**  
8:00 a.m. – 12:00  
noon

### Location:

Twin Lakes Executive  
Airport  
Bettis Academy Road  
(I-20, Exit 11)  
*\*Located close to  
Bridgestone Tire Plant*

Register by  
March 14<sup>th</sup> @  
EventBrite  
"March for Hope"  
for a special prize.

KidZone **ACTIVATED**

- ✦ **Age-appropriate Activities:** Hands-on activities and S.T.E.A.M. lessons, including tinkering and a scavenger hunt.
- ✦ **Educational Lessons:** Learn how to embrace a healthier lifestyle through activity, food choices, social emotional learning, and saving money.
- ✦ **Get Fit Activities:** Be active together as a family with exercise, dance, obstacle course, and jumping inflatables.

*We keep it free and fun, so you will come back for more.*

Text  
Keyword  
GoHope  
to 56525  
for updates  
and  
information!



### Active kids will have

- stronger muscles and bones
  - leaner bodies
- less risk of becoming overweight
- a lower chance of getting type 2 diabetes
- lower blood pressure and blood cholesterol levels
  - a better outlook on life